

## Home Style Athletic Training

The following training ideas will work if you have access to only your home, a yard or a nearby field.

**It is recommended to do 3 days of strength training, 3 days of general fitness exercises and 3 days of some kind of cardio training per/week and a total of 1-1/2 hours of daily training, 5 days a week.**

*\*Break-up your training as you like, read through all of the material provided and feel free to ask me questions*

### Warm-up (WU) ideas 5-10 minutes...

**Jump Rope** x20-50 foot touches or revolutions x10 sets... if you have no rope do air jump-ropes...

Foot work ideas for Jump Rope:

- 2 feet together x2-50 foot touches
- 2 feet side-to-side (very short quick hops) x2-50 foot touches
- Single leg hops x20—50 foot touches
- Single leg x10-25-opposite leg x10-25
- Right right-left left x20-50 foot touches
- High Knee x20-50 foot touches

\*Give yourself a 10-20 second rest between sets... recovery time depends upon how fast and how many reps you are doing each set.

\*If you want to use Jump Rope as an actual training day, do 20-30 sets of 40-100 reps.

\*Skipping rope is a great way to stay fit and athletic but only useful when your misses are few and speed is great.

### Jump progressions as WU's

- Bounce Off the heels x10 reps
- Short Hops w/2 feet x10 reps
- Short Hops side to side w/2 feet x10 reps
- Short Hops front to back w/2 feet x10 reps
- Short Hops w/1 foot R&L x10 reps each
- Short Hops w/1 foot side to side foot R&L x10 reps each
- Short Hops w/1 foot front to back R&L x10 reps each
- Standing individual VJ's x3-5 reps (reset and jump)
- Standing consecutive VJ's x3-5 reps (No rest between jumps)
- Standing Tuck Jumps x3-5 reps (rest and jump)

### Low impact mobility movements as WU's

- High Knee walking lunge or Static/In place High Knee Lunge x10 R&L (make sure the knee is raised above the waist and posture is maintained).
- Side lunge with deep knee bend x10 R&L (with feet shoulder width, toes pointed forward, squat to 1/2 and maintain this posture; step sideways as far as you can while maintaining balance, bring the trail leg back to the original start position and repeat and maintaining the same eye level for all 10 reps)
- Walking Carioca with deep knee bend x10 R&L (with feet shoulder width, toes pointed forward, squat to 1/2 and maintain this posture; reach in front as far as you can and then behind as far as you can imitating Carioca footwork)
- Walking High Knee pull x10 R&L
- Walking open the hips with high knee x10 R&L
- Walking close the hips with high knee x10 R&L
- Straight leg walking-hand touch x10 R&L
- Walking 2 hand ground touch single raise x10 R&L
- Backward long step reach x10 R&L

### Simple WU's

Jog for 5-10 minutes

Ride bike for 10-15 minutes

Create your own WU

## Strength Training ideas

\*All of these ideas depend upon how much space you have access to.

### Lower Body... recommended 2-3x's per/week

- Body Squats w/backpack full of weight x5-8 reps, 5-8 sets
- Body Squat-Vertical Jump (VJ) and reach x5 reps x10 sets
- Body Squats with weight overhead x5-8 reps, x5-8 sets (make sure whatever weight or object you are holding is positioned over the top of your shoulders and your arms are behind your ears).
- High Knee Step-ups x8 reps, 5-8 sets, *with or without weight in your hands* (maintain posture and raise the knee above the waist after you step up)
- High Knee walking or static/in-place lunges x8 reps, 5-8 sets, *with or without weight in your hands* (maintain posture and raise the knee above the waist with each step)
- High Knee walking or static/in-place lunges x8 reps, 5-8 sets, *with or without weight "overhead"* (maintain posture, raise the knee above the waist with each step and keep the weight positioned directly over your shoulders and arms behind your ears)
- Calf raises x10 reps (with two feet-R&L foot x5 reps each, x5-8 sets)

### Upper Body... recommended 2-3x's per/week

- Push-ups with multiple hand positions x5-25 reps, x5-10 sets (alternatives; fingertip and knuckle push-ups)
  - Push-ups with 5 second slowly drop, hold for a count just above floor, acceleration up, x5 reps, 5-8 sets
  - Plyometric Push-ups x5-8 sets, x5-12 sets (for each rep, lower yourself under control and accelerate up, clap(s) between each rep etc)
  - Decline Push-ups x5-8 sets, x5-8 sets (with feet higher than the upper body)
- \*Be as creative as you want and mix these up throughout your training week.
- Pull-ups x5-12 reps, x5-10 sets (mix up multiple hand and finger grips)

\*You should start the week with a heavy dose of quality reps and sets... once you get to the point where you can't complete a set of 5, **STOP**... At the end of the week you can also Superset SS Push-ups w/Pull-ups

If you have dumbbells etc., here are sets and reps recommended;  
8-12 reps, 5-10 sets.

## Core training ideas

- Abs x20-25 reps)5 sets (there are many ways to train the abdominals)
- Lower back:
- Single leg Rdl's x8 resp)5 sets w/dumbbell in one hand... if no dumbbell, touch ground and do sets of 10 reps)5 sets
- Supermans x30 reps)5 sets

*Remember... the fastest way to get stronger is with more weight, **NOT** more reps...  
Think **SETS**, not reps and quality over quantity.*

## Fitness with strength training ideas

\*The work to rest ratio for increased speed and quality is 1 work to 4-5 rest (that is, if your exercise takes 10 seconds to complete, rest 40-50 seconds before the next exercise)

\*The work to rest ratio for increases endurance is 1 work to 2-3 rest (that is, if your exercise takes 10 seconds to complete, rest 20-30 seconds before the next exercise)

- Quick feet-Push-ups, x20+5 = 1 set, x10 sets (manipulate these numbers anyway you like, do 10 quick feet+10 push-ups etc.)
- Mountain Climbers-push-ups x20+5 = 1 set, 10 sets (manipulate these numbers anyway you like, do 10 quick feet+10 push-ups etc.)
- Mountain Climbers-Sit-ups x20+5 = 1 set, 10 sets (manipulate these numbers anyway you like, do 10 quick feet+10 push-ups etc.)
- Quick feet-Sit-ups x20+5 = 1 set, x10 sets (manipulate these numbers anyway you like, do 10 quick feet+10 push-ups etc.)
- Push-ups-hip heist (quickly bringing feet between arms to sit-up position) to Sit-ups, PU's x5-10 reps to SU's x20-25 reps, x 10 sets

- Body Squats with or without weight in a back pack to Push-ups x5+5 reps, x5-8 sets (do one body squat then one push-up and repeat this 5 times)
- VJ-Push-ups x5+5 reps, 5-8 sets

### Higher Intensity training ideas

\*some of these require some space, a yard or field with 20-50 yards

VJ = Vertical Jump

SLJ = Standing Long Jump

- VJ-10-20yd sprint x2... *you can also do tuck jumps*
- VJ-VJ-10-20yd sprint x2... *you can also do tuck jumps*
- VJ-VJ-VJ-10-20yd sprint x2... *you can also do tuck jumps*
- VJ-180' turn to 10-20yd sprint x3
- VJ-180' turn to 10yd backpedal x3
- VJ-360 turn to 10-20yd sprint x3
- VJ-360' turn to 10-20yd backpedal x3
- SLJ-10-20yd sprint x2
- SLJ-SLJ-10-20yd sprint x2
- SLJ-SLJ-SLJ-10-20yd sprint x2
- Push-ups-5-20yd sprint x5-8 sets (progress from 1, 2, 3, 4 or 5 push-ups to sprint, with full recovery between reps)
- Seat role R&L to 5-10yd sprint x10 reps (full recovery between reps)

### Footwork, agility and jump training ideas... *these can be done in the home*

\*Place 8-12 simple objects (socks, short plastic cups, small books, etc) in a line, 18" apart

- High Knees, one foot between each space
- High Knees two feet in each space
- Two foot hops in each space
- One foot hops in each space R&L
- Two foot hops skipping a space
- One foot hops skipping a space
- Facing sideways, standing to the side and between the first space two feet quickly in and out moving sideways, do one each both ways
- Facing sideways, standing to the side and between the first space, two foot hops quickly in and out, moving forward and back down the line, do one each both ways
- Facing sideways, standing to the side and between the first space, one foot quickly in and out, moving forward and back down the line, do one each both ways
- Facing sideways, in front of the object line, one foot quickly down the line, do one each both ways
- Two foot sideways hops R&L
- Single leg sideways hops R&L

\*Recommended sets and reps; Go through the all movements once and repeat 5-8 times or do each movement on their own 5-8 times and move to the next exercise.

### **These speed and agility exercises require space...** 20-30yds

Line touches:

- Sprint 5yds-line accelerate 5yds, turn R&L x2-5 each way
- Cross-over sprint 5yds-accelerate 5yds, turn R&L x2-5 each way
- Shuffle 5yds-accelerate 5yds, R&L x2-5 each way
- Carioca 5yds-accelerate 5yds, R&L x2-5 each way
- Back pedal 5yds-accelerate 5yds, R&L x2-5 each way
- Sprint 5yds-back pedal 5yds, R&L x2-5 each way
- 3 Cone sprint/Pro-Agility Run, start moving R&L x4-8 reps
- Sprint/line touches, 5yds-5yds-10yds-10yds (face the same way on each turn and concentrate on quick turns and acceleration)

\*Be creative and have fun! Change the distances but like all training, think quality not quantity.

***“You can’t want something and not work for it”***

*“Do not be concerned with the fruits of your action, just give attention to the action itself.”*

*“And when they played they really played. And when they worked they really worked.”*

*“Since life doesn’t come with an instruction book, we remain learners all throughout our lives.”*

*“If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present.”*